

KEF16 Issue I/03

Kambrook Safety

Welcome to Kambrook and your new Banquet Frypan. At Kambrook we believe that the safe performance of our products is the first priority in any consumer product so that you, our valued customer, can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions:

READ ALL INSTRUCTIONS THOROUGHLY BEFORE ACTIVATING THE APPLIANCE AND RETAIN THEM FOR FUTURE REFERENCE.

Ensure that the power source to be used is the same as the voltage requirements of the product.

Switch off at the power outlet and then unplug and remove the Temperature Control Probe when the appliance is not in use and before cleaning.

Allow all parts to cool before dissembling for cleaning.

Never immerse the power cord, plug or temperature control probe in water or any other liquid.

Before inserting the Temperature Control Probe into the Frypan socket ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

Do not touch hot surfaces, use handles or knobs

This appliance is not intended for use by young children or infirm persons without supervision.

Young children should be supervised to ensure that they do not play with the appliance.

Do not leave the appliance unattended when in use.

Always use the appliance on a dry, level surface

Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.

Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven

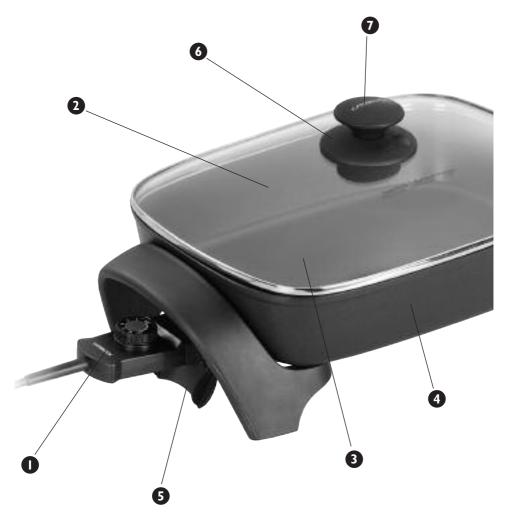
This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use outdoors.

Extreme caution must be taken when using this appliance filled with hot oil or other liquid. Do not move during cooking and allow to cool before removing oil or other liquid.

The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Regularly inspect the power cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest authorised Kambrook Service Centre for examination, replacement or repair. Please call 1800 800 634 for Kambrook Service Centre details.

Features of your Kambrook Essentials Banquet Frypan



- Removable Temperature Control
 Probe thermostatically controlled with 10 settings.
- 2. Easy-Clean Non-Stick Cooking Surface for fat free cooking
- 3. Glass lid with stainless steel rim
- **4. Super Size –** 38 x 29.5cm rectangular frypan. Extra deep 78mm.
- 5. Pan Tilt Lever allows the fat and juices to drain from the food, ideal for low fat cooking. Also makes serving gravies and sauces easier.
- 6. Adjustable steam vent.
- 7. Cool Touch knob.

Using Your Kambrook Essentials Banquet Frypan Before First Use

Before first use wash, rinse and dry your frypan and lid. Season the cooking surface by applying a thin coating of cooking oil with paper towelling.

⚠ Warning: Do not immerse the power cord, plug or temperature control probe in water or any other liquid.

Ensure that the frypan socket is fully dry before inserting the temperature control probe.

Plug the cord into a 230/240 volt power outlet and then turn the power on.

Set the temperature control probe to the desired temperature setting. Refer to table below.

The temperature light on the temperature control probe will switch off automatically

when the temperature selected has been reached. The light will cycle on and off during the cooking cycle indicating that the selected temperature is being maintained.

Do not use metal utensils, as these will scratch the non-stick cooking surface.

Only use wooden or good quality plastic utensils to stir or serve food.

Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.

NOTE: This frypan must be used with the temperature control probe provided. Do not use any other probe or connector.

The Glass Lid

The Cook 'n' Look glass lid enables you to monitor your cooking without removing the lid and loosing heat. To adjust the steam outflow from the frypan, turn the adjustable steam vent (attached to the knob).

Dial Setting	Uses	Temp. Guide
Min – 4	Slow cooking casseroles, keeping food warm, simmering sauces, basting, bolognaise sauce	Simmer/Low
4 – 8	Cooking steaks, sausages, bacon, eggs, pikelets, roast vegetables, pancakes, roasting joints, crumbed food, toasted sandwiches, popcorn	Medium/High
8 – 10	Sealing steaks and roasts, cakes, boil rice, stirfry	High

Care and Cleaning

Cooking in your non-stick Banquet Frypan minimises the need for oil. As a result the food does not stick and cleaning is easier. Any discolouration that may occur will only detract from the appearance of the frypan and will not affect the cooking performance.

Before cleaning, turn Banquet Frypan control probe to the '0' position, switch off at the power outlet and then unplug. Remove the Temperature Control Probe from the socket of the Frypan.

To clean the interior and exterior surface and glass lid wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush. The Banquet Frypan is completely dishwasher safe.

Note: Metal scourers will scratch the surface and should not be used.

⚠ Warning: After cleaning, make sure that the frypan socket is fully dry before inserting the Temperature Control Probe.

Removing Discolouration of the Non-Stick Surface

Combine: 2 tablespoons bicarbonate of soda, $\frac{1}{4}$ cup household bleach, I cup water. Pour into the frypan, place lid on and simmer for 5-10 minutes. Clean in a well ventilated area and avoid breathing in the vapours. Wash as directed, and re-season the frypan before using again. In some instances this may not remove all the staining.

Cooking with Your Kambrook Banquet Frypan

Stir-Frying

Recommended temperature probe setting 9 - 10

An energy efficient and healthy way of cooking foods. The benefit of this cooking method is its speed and the flavour of the foods. The non-stick cooking surface on your Banquet Frypan also means that less oil is required for cooking. The cooking action for stir frying is a continual tossing motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.

Stir frying should be carried out using a high heat setting.

Preheat your frypan before adding any ingredients, allow the temperature light to cycle 'on' and 'off' several times. This will allow the frypan to reach an even high temperature.

Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor when cooking meat, as over cooking will give a tough, dry result. Cooking times depend on the size and thickness of the cut, as the bigger the cut, the more time is needed.

Recommended cuts for stir frying

Beef	Lean beef strips prepared from rump, sirloin, rib eye, fillet
Chicken	Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets
Lamb	Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts, eye of loin
Pork	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet
Veal	Eye of loin, fillet, round, rump or topside

Buy meat strips from your butcher or from your supermaket, or prepare meat strips from recommended cuts listed above by removing any fat and slicing thinly across the grain (across the direction of meat fibres). Slicing across the grain ensures tenderness. Cut into very thin strips, approx 5 – 8 cm in length. Partially freeze meat for approx 30 minutes to make slicing easier.

Stir fry meat strips in small batches (approx 200 – 300g) to stop meat shedding its juice and 'stewing', resulting in tougher meat.

When adding meat strips to the frypan, the strips should sizzle.

Stir fry meat strips for I-2 minutes. Any longer will toughen meat.

If cooking large batches, remove each batch when cooked and allow frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the frypan remains constant, ensuring the meat doesn't stew and toughen.

Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.

Do not overfill the frypan. If necessary cook vegetables in batches as well and reheat at the end of stir frying. If using this method remember to under cook slightly so reheating will not spoil the finished dish.

Serve stir fried foods immediately to retain their crisp texture.

Sauteing

Recommended temperature probe setting 8-10

Used for sauteing onions, garlic, spices, curry, pastes, herbs, vegetables, meat and seafood.

Shallow Frying

Recommended temperature probe setting 6-8

Used to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

Use approx I cup of oil, or sufficient oil so that half the food is immersed.

Preheat the oil before adding food. When using oil never cover with the lid during heating or cooking, as this will cause condensation to drip into the oil and result in bubbling and splattering.

Do not move the frypan during heating or cooking.

Wipe moisture from foods to avoid splattering.

Cook a few pieces at a time to ensure crispness.

Drain cooked foods on paper towels to reduce greasiness.

Never leave your frypan unattended or unsupervised while shallow frying.

Allow oil to cool before removing from frypan.

Vegetable or canola oil is recommended for frying.

Note: Deep frying is not recommended as the frypans have a large surface area and shallow sides, this results in heat loss and possible oil overflow.

Pan Frying

Recommended temperature probe setting

Searing - 10

Medium heat - 6 - 8

Used for cooking meats, fish, seafood, eggs, chicken, sausages.

Preheat frypan. When heated, add a small amount of oil, which prevents the food from sticking.

The Banquet Frypan's non-stick coated surface allows you to reduce the amount of oil when cooking.

Alternatively brush whole meat cuts eg. Steaks, chicken breast, fish fillet with small amount of oil before pan-frying rather than adding oil directly to the pan.

When cooking meats, seal each side for approx. I-2 minutes on setting I0. Once both sides are sealed, reduce heat to setting 6-8 to cook through meats to desired doneness.

Slow Cooking (braising)

Recommended temperature probe setting I-4

Slow cooking method is ideal for less tender cuts of meat. Timing does not depend on the size of the cut as much as the connective tissue (gristle and sinew) which need long slow cooking to soften it. Never use tender cuts of meat for moist heat cooking as the long cooking time will make the meat shrink and toughen.

Always brown and seal meat on setting 10 before reducing heat to simmer.

Cut meat into 3cm cubes. Trim off any fat.

Cook for approx $1\frac{1}{2} - 2$ hours stirring occasionally.

Recommended cuts for slow cooking (braising)

Beef	Diced blade (boneless), chuck, round, shin, silverside	Note: As the frypan is thermostatically controlled, it will cycle on and off during the cooking process.
Chicken	Diced thigh, leg	
Lamb	Diced forequarter	
Veal	Diced shoulder	
Pork	Diced forequarter	

Add soft or quick cooking vegetables such as mushrooms, tomatoes, beans or corn in the last half hour of cooking.

Thicken towards end of cooking by stirring in a little cornflour blended with water, or plain flour blended with margarine or butter. Alternatively, coat meat in plain flour before frying (extra oil may be needed)

Basting

Recommended temperature probe setting 2

The Pan Tilt lever makes basting easy by allowing the juices to drain to one side of the pan.

Reduce the temperature to prevent fat and juices from splattering.

Position the Pan Tilt Lever and allow the juices to drain to the lower end of the frypan.

Spoon the juices over the food as desired.

Roasting

Recommended temperature probe setting 4-10

Meat and poultry

The Banquet Frypan is ideal for roasting meat and poultry, as the meat retains the flavour and juices.

The Banquet Frypan's domed lid provides ample room for larger joints of meat and poultry.

Preheat the frypan, on setting 10. Fattier joints of meat require no oil. Use only a small amount for less fatty joints.

Brown and seal the meat on all sides. Position the lid.

After browning, turn the dial to setting 4 - 6, cooking the meat as desired.

Turn the meat during cooking.

Once the meat is cooked, set aside and cover with foil, whilst the gravy is prepared from the juice in the frypan.

Vegetables

Cut into even sized pieces.

Add to the frypan 40 - 65 minutes before serving.

For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting Times

The following times are for dishes that are well done. To suit your personal taste, these times can be reduced.

Recommended roasting times (well done)

Pork	30 – 40 minutes/500g after browning	Note: As the frypan is thermostatically controlled, it will cycle on and off during the cooking process.
Veal	30 – 40 minutes/500g after browning	
Lamb	25 – 30 minutes/500g after browning	
Chicken	25 – 30 minutes/500g after browning	
Beef	25 – 30 minutes/500g after browning	

Toasting Sandwiches

Recommended temperature probe setting 8

Up to six sandwiches can be toasted at once in the Banquet Frypan. Choose fillings which will hold together and not spill out of the sandwich.

Preheat the frypan.

Butter the pieces of bread well and place the sandwich in the frypan with the buttered sides on the outside.

Cook for approx 3 – 4 minutes on either side, depending on the depth of colour desired.

Note: Temperature setting will depend on filling.

Boiling - Pasta/Rice

Recommended temperature probe setting 10

Using no more than 8 cups boiling water to I cup pasta/rice.

Cooking time approx 8 – 12 minutes.

Cooking times will vary with the usage of different types of rice and pasta.

Always bring water to the boil covered. Add ½ teaspoon salt and I tablespoon or oil to water to assist with cooking to prevent rice and pasta from sticking.

Cook rice or pasta uncovered, stirring occasionally to prevent sticking.

Reduce to a lower setting if water boils too quickly.

Baking

Your Banquet Frypan can be used for baking cakes.

Preheat the frypan on setting 10, with the lid on.

Elevate the cake pan or tray from the base of the frypan using a small wire rack.

Cooking times will be longer than those of a conventional oven. Use recipes in this book as a guide to the cooking times for your own recipes.

Recipes

Orange pikelets

I cup self raising flour

2 teaspoons sugar

I egg

2 teaspoons of melted butter or margarine

rind of I orange

½ cup milk

Sift the flour into a bowl, add sugar. Make a well in the centre and break in the egg. Add the cooled butter, orange rind and almost all the milk.

Beat lightly with a wooden spoon until the mixture is smooth adding extra milk if the mixture is too thick.

Heat the frypan on a low heat, setting 4 - 6.

Add spoonfuls of the pikelet mixture to the pan, cook until bubbles break the surface. Turn pikelets over to cook the second side. Remove and serve hot or cold with butter, honey or lemon butter.

Makes approximately 15

Basic Omelette

6 eggs

6 teaspoons water

Salt and pepper, to taste

1½ tablespoons butter or margarine

Lightly beat eggs and water together in a bowl. Season to taste. Heat butter in in frypan on, setting 4-6.

Pour mixture into the frypan and cook until set. If using a filling, place over half of omelette and fold omelette in half.

Remove to a heated serving plate.

Serve immediately.

Serving (filling) suggestions:
Cooked bacon pieces and shallots
Sliced mushrooms, tossed fresh herbs
Serves 4

Pancake Mixture

I cup plain flour

I egg

30g melted butter or margarine

1 1/4 cups milk

Butter for frying

Sift flour into a basin and make a well in the centre.

Pour in the beaten egg and butter and add the milk gradually until the batter is smooth and free of lumps. Stand in a cool place for 1 hour before using.

Lightly grease frypan and heat on setting 6-8. Pour in sufficient batter to make 2 pancakes at a time, cook until just browned. Turn and brown the other side. Repeat until all the batter is used. Fillings may be sweet or savoury.

Makes 10 - 12

Serving Suggestions:

Basic pancakes are delicious served with the following:

- * Maple syrup
- * Lemon juice and sugar
- * Raspberry sauce made with pureed raspberries, sugar to taste and Grand Marnier

Chilli Con Carne

2 tablespoons oil

I onion, sliced

I clove garlic, crushed

I green capsicum, sliced

500g beef mince

I x 300g can red kidney beans, drained

2 teaspoons chilli powder

 $I \times 440g$ can tomatoes

1/4 teaspoon oregano

Salt and pepper, to taste

Heat the oil in the frypan on high heat setting 8 - 10.

Saute the onion, garlic and green capsicum until tender. Add the mince and brown well.

Add the remaining ingredients and reduce heat setting to 6-8 and simmer for 20 minutes.

Serving suggestion:

Serve with taco shells, grated cheese, sour cream and chopped tomatoes.

Serves 4

Curried Apricot Chicken

1/3 cup chicken stock

⅓ cup water

125g dried apricots

I tablespoon oil

I onion, cut into wedges

½ teaspoon coriander

½ teaspoon cumin

½ teaspoon turmeric

1/4 teaspoon cinnamon

freshly ground black pepper

4 chicken breast fillets

In a saucepan bring the chicken stock and water to the boil. Turn off the heat and add the apricots to soak in the hot liquid for approx. I hour. Remove apricots and liquid.

Heat oil in the frypan on setting 6 - 8.

Fry the onion until tender. Stir through the spices. Add the chicken, fry until golden brown. Return the apricots and liquid.

Cover with lid and simmer over a low heat setting 4 - 6 for approximately 20 minutes or until the chicken is tender (add extra chicken stock if required).

Serving suggestion:

Serve with steamed rice and a crisp green salad.

Serves 4

Pork Fillets With Dark Plum Sauce

Ikg pork fillets

1/3 cup soy sauce

²/₃ cup tomato sauce

1/4 cup hoi sin sauce

¼ cup oil

I x 825g can dark red plums

½ cup hoi sin sauce (extra)

I tablespoon brown sugar

Trim any fat or sinew from the pieces of pork and make 2-3 deep vertical cuts in each portion without cutting right through. Lay the pork pieces side-by-side in a shallow container.

Mix the soy, tomato and hoi sin sauce with the oil, and pour over the pork. Cover and marinate for 30 minutes.

Drain plums and reserve syrup for sauce. Remove the stones roughly slice the flesh.

Drain marinade from pork and pat dry with paper towelling.

Brown the pork fillets on high heat, setting 8 for approx. 10 minutes.

Reduce heat setting to 6, cook for a further 20 minutes or until tender.

Baste occasionally with left over marinade during cooking. Remove from pan, cover with foil to keep warm.

Simmer plums in the frypan on a medium heat setting 6-8 with extra hoi sin sauce, brown sugar and reserved plum syrup for 15-20 minutes, stirring often to make a thick syrupy mixture. Return pork to pan and heat through.

Serving suggestion:

Serve with plum sauce, boiled rice and steamed bok choy.

Serves 4

Vegetable Hash Browns

2 potatoes, peeled and grated

I zucchini, grated

2 eggs, lightly beaten

I tablespoon vegetable oil

I carrot, peeled and grated

I tablespoon poppy seeds

freshly ground black pepper (as desired)

Place potatoes, carrot, zucchini, poppy seeds and eggs in a bowl. Add black pepper and mix well.

Brush the frypan with oil, and heat on setting 4 - 6.

Place spoonfuls of mixture in pan and flatten slightly. Cook for 4-5 minutes each side or until golden.

Serves 4

Mushroom Steak

4 lean beef steaks (sirloin, rib eye, rump)

I tablespoon vegetable oil

I small onion, sliced

180g mushrooms, sliced

½ cup beef stock

2 tablespoons Worcestershire sauce

2 tablespoons chopped parsley

Heat the frypan on setting 10. Brush oil onto both sides of steak.

To seal, cook steaks 2-3 minutes each side. Turn when juices appear on uncooked side.

Remove from heat, rest while making sauce. Add onion and mushrooms to any pan juices. Cook I minute.

Add Worcestershire sauce and stock. Bring to boil, stirring constantly until slightly thickened. Add parsley and any juices from rested steak.

Note: steak thickness determines cooking time. As a guide: Rare remove after sealing; reduce heat to setting 6 for medium and cook an extra 2-3 minutes each side; Well Done, 4-6 minutes each side. Test steak by pressing with tongs. Rare feels springy. Medium has some resistance. Well done feels quite firm.

Serving suggestion:

Serve with steamed vegetables and mash potatoes.

Serves 4

Beef and red wine casserole

750g diced lean beef (round, chuck or gravy beef)

I tablespoon oil

8 small (pickling) onions

2 teaspoons crushed garlic

2 lean bacon rashers, chopped

250g whole button mushrooms

3/4 cup red wine

1/4 cup steak sauce

Heat a little of the oil in the frypan on setting 10. Fry onions, garlic and bacon for I-2 minutes. Remove and put aside.

Heat a little more oil on setting 10. Brown beef in small batches, removing each batch before adding the next.

Return beef and onion to pan. Add remaining ingredients, stirring tocombine.

Cover and simmer gently on setting 2 to 4 for $1\frac{1}{2}$ -2 hours . Stir occasionally. Season to taste.

Serve with steamed rice or pasta and steamed vegetables.

Serves 4

Stir-Fry Chicken with Oyster Sauce

600g chicken breast or thigh fillets, prepared as strips

I tablespoon oil

2 tablespoons slivered almonds

I teaspoon minced ginger

I teaspoon minced garlic

2 carrots, thinly sliced

I red or green capsicum, thinly sliced

2 small sticks celery, thinly sliced

2 shallots, chopped

200g snow peas, trimmed

1/3 cup oyster sauce

Heat half the oil in the frypan on setting 10. Stir-fry almonds, ginger and garlic 1 minute. Add chicken strips, stir-fry a further 2-3 minutes. Remove.

Heat remaining oil in pan on setting 10. Stir-fry vegetables 1-2 minutes.

Return almonds, ginger, garlic and chicken strips. Stir in oyster sauce, allow to heat through 2-3 minutes.

Serving suggestion: Serve with steamed rice.

Serves 4

Roast Lamb Seville

1.5kg Leg of lamb or smaller

Rind of I orange, grated

Pepper

I teaspoon oil

½ cup orange juice

I teaspoon dry mustard

I tablespoon honey

2 tablespoons mint sauce

I small butternut pumpkin, cubed

I bunch asparagus

Rub roast with grated rind and pepper.

Heat oil in frypan on setting 10. Add lamb and brown on each side.

Reduce heat to setting 6, cover and cook for approx. I ½ hours or until desired tenderness. Turning meat once.

In a bowl, combine orange juice, mustard, honey and mint sauce. Pour over lamb, during the last 15 minutes of cooking.

During last 15 minutes of cooking, place pumpkin cubes, then asparagus in separate pans of boiling water. Cook until tender.

Remove lamb and skim pan juices. Slice lamb onto warmed plates, spoon over pan juices.

Serving suggestions:
Serve with steamed vegetables
Serves 4

Chocolate Cake

2 teaspoons white vinegar

½ cup milk

I cup self raising flour

½ cup caster sugar

1/4 cup cocoa

1/4 teaspoon bicarbonate of soda

I egg

60g butter, melted

²/₃ cup cream

I tablespoon icing sugar

I scorched peanut bar: crumbled

Preheat frypan on setting 10. Grease and flour a 20cm round cake tin. Add the vinegar to the milk, mix well and allow to stand for 5 minutes. Combine all dry ingredients and mix until just combined. Pour the batter into the prepared tin and smooth the top.

Place the cake on a small wire rack in the banquet frypan, cover with the lid; vent closed, and cook for 25 minutes or until cooked.

Allow standing for 2-3 minutes, then turn onto a wire rack and cooling completely.

Just before serving, whip the cream and cut the cake in half horizontally.

Spread the cream over the bottom layer, place the top layer on the cream, and sprinkle the surface with icing sugar.



KAMBROOK warrants the purchaser against defects in workmanship and material, for a period of 12 months from the date of purchase (3 months commercial use).

Guarantee and purchase receipt for this product are to be retained as proof of purchase and must be presented if making a claim under the terms of the KAMBROOK guarantee.

KAMBROOK reserves the right to replace or repair the appliance within the warranty period.

Warranty does not apply to any defect, deterioration, loss, injury or damage occasioned by, or as a result of the misuse or abuse, negligent handling or if the product has not been used in accordance with the instructions. The guarantee excludes breakages and consumable items such as kneading blades.

This warranty is void if there is evidence of the product being tampered with by unauthorised persons.

If the product includes one or a number of accessories only the defective accessory or product will be replaced.

In the event of KAMBROOK choosing to replace the appliance, the guarantee will expire at the original date, ie. 12 months from the original purchase date.

In Australia, this KAMBROOK Guarantee is additional to the conditions and guarantees which are mandatory as implied by the Trade Practices Act 1974 and State and Territory legislation.

For service, spare parts or product information in Australia, please call KAMBROOK on the Customer Service Line (free call) 1800 800 634.

For service, spare parts or product information in New Zealand, please call KAMBROOK New Zealand, Greenmount, Auckland Phone 09 271 3980 Fax 0800 288 513. For spare parts phone 09 271 3980.

If claiming under this guarantee the product must be returned freight prepaid.

YOUR PURCHASE RECORD (Please complete)	Attach a copy of purchase receipt here.
DATE OF PURCHASE	-
MODEL NUMBER	_
SERIAL NUMBER (If applicable)	-
PURCHASED FROM	Please don't return purchase record until you are making a claim



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